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This document is part of a collection that serves two purposes. First, it is a digital archive for a sampling of unpublished documents, presentations, questionnaires and limited publications resulting from over forty years of research. Second, it is a public archive for data on college student drinking patterns on the national and international level collected for over 20 years. Research topics by Dr. Engs have included the exploration of hypotheses concerning the determinants of behaviors such as student drinking patterns; models that have examine the etiology of cycles of prohibition and temperance movements, origins of western European drinking cultures (attitudes and behaviors concerning alcohol) from antiquity, eugenics, Progressive Era, and other social reform movements with moral overtones-Clean Living Movements; biographies of health and social reformers including Upton Sinclair; and oral histories of elderly monks.

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RELIGION AND RELIGIOSITY: ALCOHOL, TOBACCO, AND MARIJUANA CONSUMPTION AMONG SCOTTISH POST-SECONDARY STUDENTS*

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Background: The relationship between religious preferences and drinking practices has been considered by many researchers over the years in several cultures. Researchers have shown that the extent of an individual's involvement in a religious group is inversely related to his/her drinking. Although this relationship has been shown to hold across religious denominations, the strength of the association varies. In particular, differences between Protestant and Catholic groups have been noted. However, few studies have been done with Scottish students.

Purpose: The purpose of this study was to investigate the patterns of licit and illicit recreational drug use among postsecondary students in terms of religious background and religiosity.

Methods: The Queensland Alcohol and Drug Study Questionnaire modified for the UK was completed by helping profession students from 22 departments at universities and colleges in five Scottish cities. Measures of alcohol consumption was completed by students attending courses in "helping profession" departments such as medicine, nursing, education, and psychology. This convenience sample was from 22 departments at universities and colleges in five Scottish cities during the autumn term 1994. The sample consisted of 3117 females and 949 males.

Results: Roman Catholic's (22.2 units) and those with no religious preferences (21.5 units) consumed significantly ($p < .05$) higher mean units of alcoholic beverages compared to the other groups. In addition a higher percent of Roman Catholics (32.9) consumed over 28 drinks per week. Students to whom religion was not important consumed significantly more (23.1) units compared to 14.6 units per week for those to whom religion was important. Likewise almost twice the percent of students to whom religion was not important (33.7) consumed over 28 units per week compared to those to whom religion was important (18.9). In regards to smoking, a significantly higher proportion of student who identified their religious preference as the Church of Scotland (73.3) were non-smokers compared to the other groups. Those to whom religion was important consumed almost half the number of cigarettes per week (11.1) compared to those to whom religion was not important. Those students who gave their religious preference as Church of Scotland were significantly less likely to smoke marijuana compared to other groups. Students who considered religion important were significantly less likely to smoke marijuana.

* Data collection for this project was accomplished while the first author was on sabbatical leave at the Alcohol Research Group, University of Edinburgh, Scotland, Autumn 1994. This paper is part of a series of presentations and papers concerning this data base. The study was funded by Indiana University. Digitized for IUScholarWorks and retrieved from:

Conclusions and implications: It was concluded that among this sample of Scottish post-secondary students, having a strong religious commitment was associated with less substance use. As found in other studies Roman Catholics tended to consume higher amounts of alcohol compared to other religious groups. Implications of this study suggest further research to determine why lack of religious commitment, being Roman Catholic or having no religious preference are a risk factors for use of some licit and illicit recreational substances.

TABLE 1: Total mean units of alcohol consumed per week and percent of Scottish helping professional students consuming a quantity-frequency range of units per week during the 1994 term by religion and religiosity.

		\bar{X} Units	% in each consumption range					
			None	< 7	7-14	15-21	22-28	> 28
		-----	-----					
Religious affiliation:								
	Church of Scotland	19.2+	5.2	31.4	12.4	13.2	10.6	27.3*
	Other Prot.	20.1	9.3	27.8	11.7	13.1	12.2	25.8
	R. Catholic	22.2	4.3	27.0	11.1	14.2	10.6	32.9
	None/other	21.5	14.1	22.2	9.7	11.9	11.7	30.5
Importance of religion:								
	Important	14.6*	15.9	34.6	11.2	11.1	8.3	18.9*
	Not Important	23.1	3.6	24.6	11.6	14.0	12.5	33.7
Total:		20.2	7.7	27.9	11.5	13.1	11.1	28.6

* p < .001 + p < .05

Note: a unit is an average size pub serving

TABLE 2: Mean cigarettes consumed per week and percent of Scottish helping professional students consuming a quantity-frequency range of cigarettes per week during the 1994 autumn term by religion and religiosity.

\bar{X} Cigarettes		% in each consumption range		
		None	< 140	> 140
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Religious affiliation:				
Church of Scotland	15.8	73.3	22.0	4.7*
Other Prot.	18.8	67.7	27.0	5.3
R. Catholic	17.0	66.7	28.9	4.4
None/other	19.8	63.3	29.3	5.4
Importance of religion:				
Important	11.1*	78.0	19.1	2.9*
Not Important	20.6	65.0	29.1	6.0
Total:	20.2	69.9	25.3	4.8

* p < .001 + p < .05				

TABLE 3: Mean joints of marijuana consumed per week and percent of Scottish helping professional students consuming a quantity-frequency range of joints per week during the 1994 autumn term by gender, religion and religiosity.

		\bar{X} joints	% in each consumption range		
			None	< 1.7	> 1.7
			-----	-----	-----
Religious affiliation:					
Church of Scotland	1.1*	80.6	13.6	5.8*	
Other Prot.	1.7	75.2	15.9	9.0	
R. Catholic	1.9	68.6	19.0	12.4	
None/other	3.1	67.2	19.0	13.8	
Importance of religion:					
Important	.8*	86.1	9.2	4.7*	
Not important	2.3	68.8	19.6	11.6	
Total:	1.7	75.5	14.8	9.7	

* $p < .001$ + $p < .05$

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